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What Are the Benefits of Vegetable and Fruit Juicing?

By Amie Comeau, eHow Contributor

Juicing fruits and vegetables for immediate consumption is an easy way to digest amino acids, minerals, enzymes and vitamins. The body absorbs these quickly in the liquid form. Drinking fresh fruit and vegetable juices directly benefits your digestion and metabolism. Phytochemicals have cancer-prevention properties and are found in some fruit and vegetable juices.

Phytochemicals

These are in fruits and vegetables. Phytochemicals work with enzymes to protect against cancer-causing substances.

Enzymes

Heating fruits and vegetables by cooking destroys their enzymes. Fresh juice contains active enzymes.

Minerals

Broccoli and spinach are a natural source of iron. Papaya, cherry and carrots contain potassium. Beets, cabbage and kale contain calcium. Any of these are part of a juice-therapy diet.

Vegetable Fiber

Drink carrot juice and remove the fiber. Your body can only assimilate approximately 1 percent of available beta carotene. The plant fiber causes the nutrients to pass. Nearly 100 percent of the carrot's beta carotene assimilates when drinking only its juice.

Taste

Some palates have an aversion to certain vegetables. Juicing allows you to mix your favorite fruits with these high-potency anti-oxidant foods. Juicing disguises their flavor with sweet berries, apples, or carrots.

Resources

- [Living-Foods.com: Juice Benefits](#)